

## ABSTRACT

A weight control software system and method may provide an interactive software environment to a user via a network to enhance the ability of users to follow a weight control program. The weight control software system may generate meal plans that are automatically updated based on an updated weight of the user following the weight control program. A variety of tools may be integrated into the weight control software system and be interoperable to utilize information entered by the user or generated by the system in controlling body weight of the user. Such tools may include a recipe builder which may allow users to exchange recipes.

A system for generating and displaying a single, composite nutritional indicator for a serving of a multiple ingredient recipe, the recipe being supplied by the user of the system, includes: (i) a user interface for receiving from the user the identity and amount of the ingredients of the recipe and serving size information; (ii) a database containing nutritional data for common recipe ingredients including the recipe ingredients identified by the user, the nutritional data including plural nutritional parameters for each ingredient; (iii) a processor for calculating the single, composite nutritional indicator for a serving of the recipe from the user information and the database data, the single, composite nutritional indicator being a single number calculated based on the plural nutritional parameters for each ingredient; and (iv) a display field for displaying the calculated composite nutritional indicator for a serving of the recipe.